

UNIVISION JOINS LACDMH IN PROMOTING CLIENT SUCCESS STORIES

By Kathleen Piché, Public Affairs Director



LACDMH has partnered with Univision for a local and statewide focus on mental health and client success stories. The Spanish speaking network has agreed to include the segments, entitled “Una Mente, Una Vida,” on Channel 34 twice a month, culminating in a three-part story and telethon in May to celebrate Mental Health Awareness Month. The goal of “Una Mente, Una Vida,” is to increase awareness and discussion of mental health issues in our communities and decrease the stigma associated with having a diagnosis of mental illness. You can watch “Una Mente, Una Vida” as part of Univision’s regular newscast this Friday, February 28th, at 11 PM, and on Saturday, March 1st, at 6 PM.

San Pedro Mental Health client and volunteer, Rachel Rios, will be featured on Friday, telling her story of recovery after being diagnosed with severe depression. Rachel received treatment at San Pedro Mental Health and utilized all the resources offered to take control over her own recovery and eventually was able to taper off all medications. She is very involved in Latino Community Outreach and runs support groups in Spanish at San Pedro Catholic Church. Julio Celada, LACDMH Adult System of Care, will also be featured, speaking about the importance spirituality plays in the community to assist in the treatment of mental disorders.

Julio Cesar Ortiz, MFT, and the LACDMH Public Information Office (PIO), collaborated on the project, committing to several months of featured stories. Univision reaches over 1.2 million viewers during the 11 PM news broadcast and over 2 million during the 6 PM broadcast. Tune in this Friday to hear about Hugo’s travels on the road to hope, wellness and recovery!